

Frozen Fruit Cups

Makes: 18 servings

Use your own combination of fresh, frozen or canned fruits to create this yummy dessert or snack. It's perfect for a summer day.

Ingredients

- 3 banana
- 3 **cartons** yogurt, non-fat strawberry (8 ounce)
- 1 **1/4 cups** strawberries, frozen (thawed and undrained)
- 1 **cup** crushed pineapple (undrained, canned)

Directions


1. Line 18 muffin-tin cups with paper baking cups.
2. Dice or mash bananas and place in a large mixing bowl.
3. Stir in remaining ingredients.
4. Spoon into muffin-tin cups and freeze at least 3 hours or until firm. Remove frozen cups and store in a plastic bag in freezer.
5. Before serving, remove paper cups and let stand 10 minutes.

Notes

Watch how to make this [kid-friendly recipe](#) on YouTube.

Kansas Family Nutrition Program, Kids a Cookin'

Nutrition Information

Nutrients	Amount
Calories	65
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	1 mg
Sodium	23 mg
Total Carbohydrate	15 g
Dietary Fiber	1 g
Total Sugars	12 g
Added Sugars included	4 g
Protein	2 g
Vitamin D	0 IU
Calcium	63 mg
Iron	0 mg
Potassium	180 mg
N/A - data is not available	
MyPlate Food Groups	
 Fruits	1/4 cup
 Dairy	1/4 cup